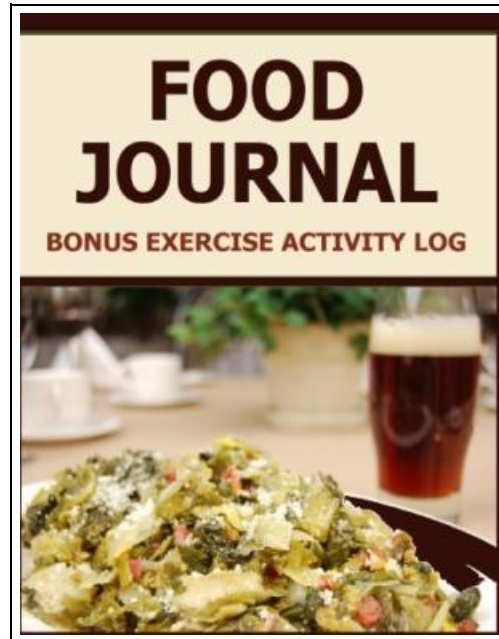


Food Journal: Bonus Exercise Activity Log



Filesize: 5.56 MB

Reviews

An exceptional pdf and the typeface employed was fascinating to see. Better then never, though i am quite late in start reading this one. Your daily life span will be transform as soon as you total looking at this publication.



(Dale White)

FOOD JOURNAL: BONUS EXERCISE ACTIVITY LOG



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Food Journal is helpful for anyone who wants to track their food intake for weight loss or health. A change in diet has little chance of being successful unless a method is used to account for calorie intake. Tracking calories gives a true picture of whether or not goals are being met or if the person is on the right track. In this book, each Fill in the Blank worksheet has a place to track: -Progress Report of Starting and Desired Goal plus Final Results -Daily log to list foods for Breakfast, Lunch, Dinner and Snacks -List Amount of food eaten -List Number of Calories -List Time, Location, How Hungry (are you) and Meal Totals -All Daily totals -All Fluid Intake -BONUS: Exercise Activity Log -Detailed weekly total and final totals for 12 full weeks -Daily Weight Log to Track weight loss Let the Food Journal assist in your life changing goal to live a healthier and happier life.

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